

American Cancer Society Guidelines for Nutrition and Physical Activity for Cancer Prevention

Maintain a healthy weight throughout life.

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

- Adults should engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity is preferable.
- Children and adolescents should engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

Eat a healthy diet, with an emphasis on plant sources.

- Choose foods and drinks in amounts that help achieve and maintain a healthy weight.
- Eat 5 or more servings of a variety of vegetables and fruits each day.
- Choose whole grains over processed (refined) grains.
- Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake.

- Women should drink no more than 1 drink per day (or 2 per day for men).



**Moore County Health
Department**
705 Pinehurst Avenue
Carthage, NC 28327

Phone: 910-947-3300
Fax: 910-947-1663
www.moorecountnc.gov/health

Breast and Cervical Cancer Control Program

**BCCCP: Program
Information Brochure**



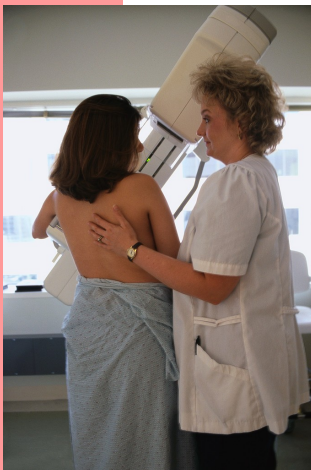
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910-947-3300

Which services are available?

- Clinical breast exams
- Mammograms
- Clinical pelvic exams
- Pap smears
- Some diagnostic procedures and physician referral available for individuals with abnormal mammograms, abnormal clinical breast exams and abnormal pap smears.



Who is eligible to receive services?

- Females only
- Moore County residents
- Ages 50-64 (a limited number of symptomatic patients age 40-50 may be eligible for services)
- Uninsured (no private insurance, no Medicaid, no Medicare Part B)
- Underinsured (has private insurance but insurance excludes breast or cervical cancer screening; must still meet the income eligibility guideline)
- Household income at or below 250% of the federal poverty level

Will I need a referral?

- No physician referral is required for BCCCP services

How do I schedule an appointment?

- Clients may call 910-947-3300 to set up an appointment



Moore County Health Dept.

Mission: To protect and promote health through the prevention and control of disease and injury.